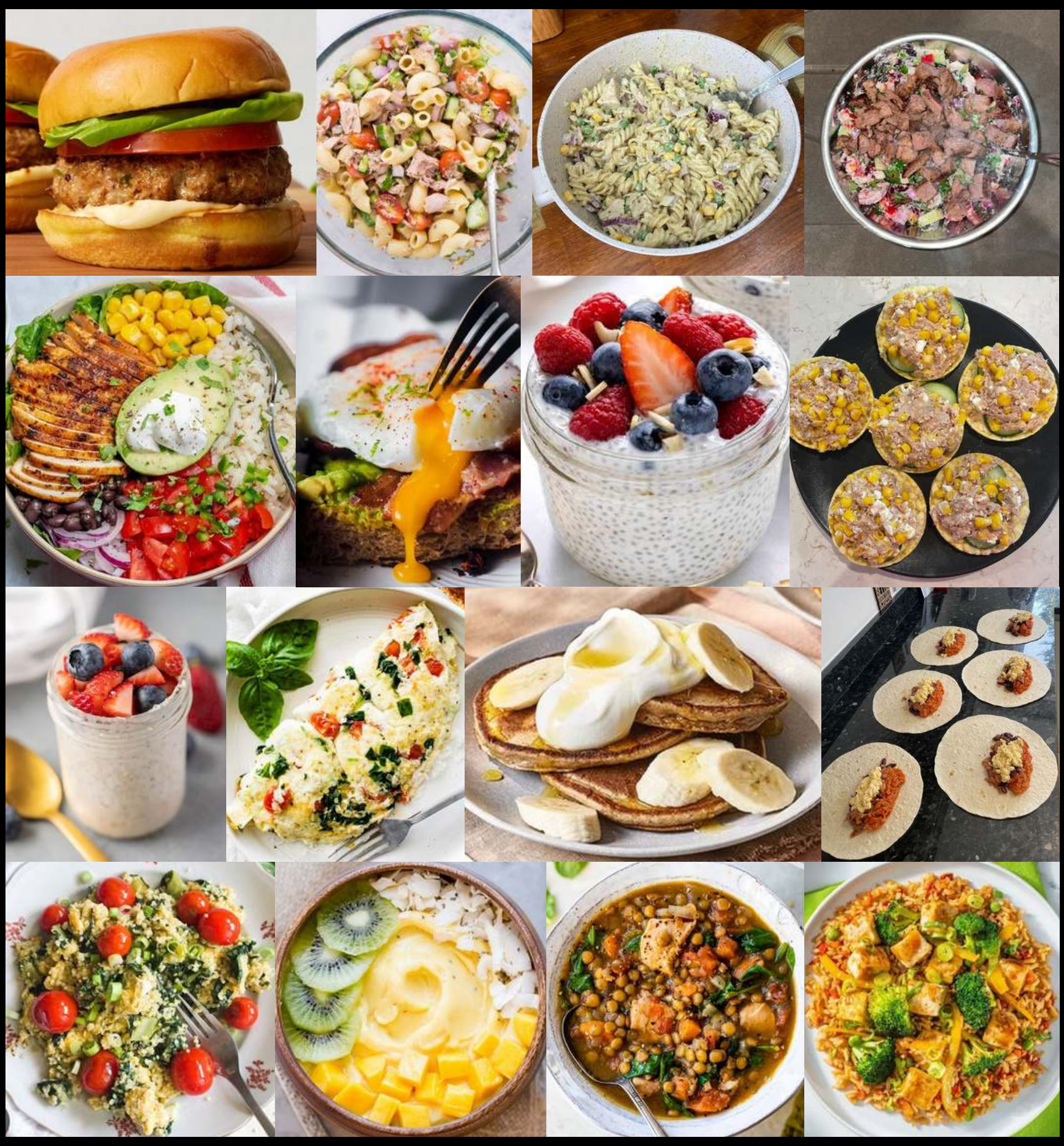
WEEKLY MEAL IDEAS

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Support your goals.
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WEEKLY MEAL IDEAS

OVERNIGHT PROTEIN OATS + BERRIES

Servings: 1
Approx. per Serve:
Protein: 50g
Carbs: 50g
Fat: 12g
Calories: 530-550kcals

Total Ingredients: 1 serving
40g rolled oats
150g 0% fat greek yoghurt
1 scoop whey protein
50g mixed berries (frozen/fresh) 1 tsp honey
1 tsp chia seeds
splash of almond/skimmed milk

Instructions:

1. Add to a bowl/jar the rolled oats, whey protein, yoghurt, honey, and chia seeds and mix well.
2. Once mixed, add the berries on the top with extra milk or yoghurt if needed.
3. Seal and refrigerate overnight.
4. Enjoy cold or warmed slightly in the morning.

NOTE: This meal can have variation with different fruits/condiments added - but this will impact specific carb/fat total intakes, so bare this in mind.

Fruits: *Banana, Berries, Clementines, Apples, Pears, Mango, Pineapple*
Nuts/Seeds: *Chia Seeds, Flax Seeds, Pumpkin Seeds, Almonds, Cashews,*
Condiments: *Honey, Maple-Syrup, Peanut Butter, Almond Butter, Jam.*



WEEKLY MEAL IDEAS

LOW FAT VEGGIE OMELETTE + FETA CHEESE

Servings: 1
Approx. per Serve:
Protein: 35g
Carbs: 10g
Fat: 8g
Calories: 300-350kcals

Total Ingredients: 1 serving
1 whole egg
200ml egg whites (6 egg whites)
30g spinach
40g mushrooms (sliced)
30g red onion (diced)
30g bell pepper (chopped)
6 cherry tomatoes (havled)
20g reduced fat feta cheese (crumbled)
Salt, pepper, garlic powder (to taste)
1 tsp olive oil/butter (cooking)

Instructions:

1. Add olive oil/butter to a non-stick pan and heat over medium.
2. Add the mushrooms, red onion, and bell pepper - heat for 2-3 minutes until soft.
3. Add the spinach and cherry tomatoes. Cook for 2 minutes until the spinach wilts.
4. In a bowl, whisk together the whole egg and egg whites - season with salt, pepper, and garlic powder.
5. Pour the egg mixture over the veggies, reduce the heat to medium-low, and allow to cook undisturbed for 2-3 minutes until the bottom starts to set.
6. Sprinkle the feta cheese on top, and once the top is mostly set, but still a little glossy, gently fold the omelette in half.
7. Cover the pan with a lid, and cook for a further 1-2 minutes until fully cooked through.
8. Add to a plate and serve. Garnish with fresh herbs like parsley or chives (*optional*)



WEEKLY MEAL PREP IDEAS

BANANA BREAD OATS

Servings: 1

Approx. per Serve:
Protein: 29g
Carbs: 54g
Fat: 13g
Calories: 410-440kcals

Total Ingredients: 1 servings
60g Rolled Oats
30g Vanilla Whey Protein
250ml Almond Milk
120g Ripe Banana (1 medium)
15g Almond Butter
1 tsp Cinnamon
1 tsp Vanilla Extract
15g Chopped Walnuts
30g Blueberries

Instructions:

1.Mash the banana
2.Mix the banana with the oats, protein powder, almond milk, cinnamon, and vanilla extract until combined
3.Stir in the almond butter
4.Refrigerate overnight
5.Top with walnuts, blueberries and an optional extra banana in the morning



WEEKLY MEAL PREP IDEAS

SWEET POTATO PROTEIN PANCAKES

Servings: 2

Approx. per Serve:
Protein: 23g
Carbs: 36g
Fat: 7g
Calories: 300-320kcals

Total Ingredients: 2 servings
250g Sweet Potato (mashed)
2 Large Eggs
50g Rolled Oats
30g Vanilla Whey Protein Powder
30g 0% Greek Yoghurt
10g Honey *optional

Instructions:

1.Blend mashed sweet potato, eggs, oats, and vanilla whey protein until a smooth batter forms.
2.Heat a ninstick pan over medium heat and pour the batter into pancakes.
3.Cook the pancakes for 2-3 minutes each side until golden and cooked through
4.Plate up and add Greek yoghurt and honey.



WEEKLY MEAL IDEAS

MEDITERRANEAN BREAKFAST BOWL

Servings: 1

Approx. per Serve:
Protein: 40g
Carbs: 60g
Fat: 10g
Calories: 550-580kcals

Total Ingredients: 1 servings
100g Quinoa (cooked) (40g dry weight)
100g Egg Whites
2 Whole Eggs
100g Cherry Tomatoes
50g Fresh Spinach
25g Spring Onion
30g Light Feta Cheese
1 tsp Olive Oil

Instructions:

1.Add quinoa, double the water, to a pan, bring to boil and simmer for 20-30 mins until the water is all absorbed.
2.While the quinoa is cooking, sauté the spinach in olive oil, add to a pan, and heat until the spinach has wilted.
3.Add the eggs and egg whites to the spinach pan, and scramble until light and fluffy, and season with a pinch of salt and pepper.
4.Once all cooked, serve the quinoa into a bowl, top with the egg and spinach.
5.Add on top the fresh cherry tomatoes, spring onion, and crumble over the feta.



WEEKLY MEAL PREP IDEAS

BREAKFAST BURRITOS

Servings: 6

Approx. per Serve:
Protein: 30g
Carbs: 55g
Fat: 18g
Calories: 500-550kcals

Total Ingredients: 6 servings

6 Wholegrain/White Wraps
150g Brown Rice (dry weight)
400g Chopped Tomatoes (1 tin)
250g Bacon Medallions
1 Red Onion (medium)
260g Lentils (1 tin)
2 Large Eggs
4 Large Egg Whites
2 tbsp Olive Oli

Instructions:

1. Add the brown rice, double the water (300ml), and chopped tomatoes to a pan, bring to boil, and slowly simmer throughout until all of the water has absorbed.
2. Whilst the rice is cooking, add the olive oil to a frying pan, dice the red onion, and fry on a medium-high heat until the onions are soft.
3. Dice up the bacon medallions, add to the frying pan, and cook for a further 5-10 mins until cooked through.
4. Drain the lentils and add to the bacon and onion pan, and turn down to a low-medium heat, and cook for a further 5 mins.
5. Once cooked, set aside the bacon mix into a dish, and cover with tin foil.
6. In the now empty pan, add the eggs and egg whites, and scramble together on a low heat.
7. Once all is cooked, lay out the wraps, and in equal portions, add the rice, bacon mix, and eggs.
8. Wrap into burritos, cover each in tin foil, and store in the fridge/freezer for a quick grab-and-go breakfast each morning, or grilled for 10-15 mins in the oven.





WEEKLY MEAL PREP IDEAS

CHOCOLATE PEANUT BUTTER OATS

Servings: 1

Approx. per Serve:
Protein: 28g
Carbs: 48g
Fat: 14g
Calories: 400-425kcals

Total Ingredients: 1 servings
60g Rolled Oats
30g Chocolate Whey Protein
250ml Almond Milk
30g Peanut Butter
10g Chia Seeds
1 tsp Cocoa Powder
5g Honey
10-15g Dark Chocolate Chips (optional)

Instructions:

1. Mix together the oats, whey protein, almond milk, chia seeds, and cocoa powder until fully combined.
2. Stir in the peanut butter
3. Refrigerate overnight.
4. Top with chocolate chips in the morning (optional).



WEEKLY MEAL IDEAS

PROTEIN PANCAKES + GY + BANANA

Servings: 1 (3 pancakes)
Approx. per Serve:
Protein: 35g
Carbs: 70g
Fat: 12g
Calories: 550-600kcals

Total Ingredients: 1
30g Rolled Oats (blended into flour
25g (1 scoop) Whey Protein
1 Large Egg
30g Egg White (1 Large Egg)
1 Medium Banana
100g FF Greek Yoghurt
10g Honey *(optional)*
Baking Powder *(pinch)*
Cinnamon *(pinch)*

Instructions:

1. Blend the rolled oats into a fine powder/flour.
2. Add the rest of the ingredients (whey, egg, egg white, baking powder, cinnamon) into the blender and combine for a further 20-30 seconds.
3. Add some fry light or use a non-stick pan and fry on a medium heat 1/3rd of the batter at a time to form 3 pancakes.
4. Top the pancakes with FF greek yoghurt and the sliced banana.

NOTE: Feel free to use multiple type of fruit - apple, pear, mixed berries - to provide variety to each breakfast. Can also add honey for an extra simple carbohydrate kick.



WEEKLY MEAL IDEAS

GREEK YOGHURT FRUIT + PROTEIN PUDDING

Servings: 1
Approx. per Serve:
Protein: 35g
Carbs: 50g
Fat: 6g
Calories: 400-450kcals

Total Ingredients: 1 serving
200g fat free greek yoghurt
½ scoop (15g) whey or caesin protein
50g frozen mixed berries
1 medium banana (sliced)
1 tsp honey/maple-syrup
1 tsp chia seeds/flax seeds

Instructions:

1.In a bowl, mix together the greek yoghurt and protein powder until smooth
2.Add the chia seeds/flaxseeds, and combine again.
3.Slice the banana and add alongside the berries and a drizzle of honey/maple syrup.

NOTE: This bowl can have great variation with different fruits/condiments added - just bare in mind that additional fruits will increase carbohydrate intake, and added nuts/condiments will increase fat intake.

Fruits: *Banana, Berries, Clementines, Apples, Pears, Mango, Pineapple*
Nuts/Seeds: *Chia Seeds, Flax Seeds, Pumpkin Seeds, Almonds, Cashews,*
Condiments: *Honey, Maple-Syrup, Peanut Butter, Almond Butter, Jam.*



WEEKLY MEAL IDEAS

TROPICAL PROTEIN SMOOTHIE BOWL

Servings: 1

Approx. per Serve:
Protein: 45g
Carbs: 65g
Fat: 8g
Calories: 500-550kcals

Total Ingredients: 1 servings
200g Frozen Mango & Pineapple Mix
200g Low-Fat Greek Yoghurt
25g Whey Protein (vanilla)
40g Rolled Oats (dry, blended)
20g Coconut (packaged, shredded)
1 Kiwi (medium)

Instructions:

1.Add dry rolled oats to a blended, and blend into a flour-consistency.
2.Add into the blended the frozen fruit, whey protein powder, and greek yoghurt, and blend into a thick consistency.
3.Pour contents into a bowl and top with shredded coconut, chopped kiwi, and some extra mango chunks.
4.Enjoy as an easy breakfast, or high-protein pre-bed dessert.



WEEKLY MEAL IDEAS

LEAN/LOW-FAT COOKED BREAKFAST

Servings: 1
Approx. per Serve:
Protein: 40g
Carbs: 30g
Fat: 15g
Calories: 500-510kcals

Total Ingredients: 1 serving
2 large eggs
2 bacon medallions (lean back bacon)
2 chicken sausages (low fat)
1 slice sourdough/wholegrain toast
½ avocado
50g mushrooms
50g tomatoes

Instructions:

1. Grill bacon medallions and chicken sausages in the oven/air-fryer for approx. 10-15 mins, turning half way through to ensure they are cooked through.
2. Slice and grill mushrooms and tomatoes, adding them into the oven/air-fryer approximately half way through cooking the meat.
3. Cut the avocado in half and lightly mash, seasoning with salt, pepper, and lemon/lime juice.
4. Toast the sourdough/wholegrain bread, and spread the mashed avocado on top.
5. Whilst the grilling the main ingredients, poach 2 eggs for approx. for 3-5 minutes, leaving the yolk a runny consistency.
6. Once all cooked/prepared, serve the bacon, sausages, avocado toast and eggs and enjoy!



WEEKLY MEAL PREP IDEAS

TUNA & SWEETCORN RICE CAKES

Servings: 1

Approx. per Serve:
Protein: 40g
Carbs: 55g
Fat: 5g
Calories: 400-450kcals

Total Ingredients: 1 servings
100g Tuna (tinned & drained)
160g Sweetcorn (tinned & drained)
50g FF Cottage Cheese
20g Light Mayonnaise
60g Cucumber
6 Rice/Corn Cakes

Instructions:

1.Open and drain the tuna, add to a bowl, and flake.
2.Open and drain the sweetcorn and combine with the tuna.
3.Add the light mayonnaise and fat-free cottage cheese to the bowl and combine well.
4.Lay out 6 rice/corn cakes and add thin slices of cucumber on top (3-4 slices per rice cake)
5.Evenly split the tuna & sweetcorn to the top of each rice cake.
6.Enjoy a quick, easy, high-protein, low-calorie lunchtime snack.



WEEKLY MEAL IDEAS

CHICKEN & TOMATO ORZO BOWL

Servings: 4

Approx. per Serve:
Protein: 45g
Carbs: 65g
Fat: 10g
Calories: 520-560kcals

Total Ingredients: 4 servings

500g Chicken Breast (diced)
300g Orzo (dry)
300g Cherry Tomatoes
50g Spinach + 50g Cucumber
1 Red Onion
1 tbsp Light Cream Cheese (approx. 30g)
2 tsp Olive Oil
Garlic Powder, Basil, Pepper

Instructions:

1.Cook the orzo in boiling water for 10 mins until tender. Drain.

2.While the orzo cooks, heat 1 tsp olive oil in a pan, add diced onion, soften for 3 mins.

3.Add chicken, garlic powder, pepper - cook through fully.

4.Add tomatoes and spinach, sauté until tomatoes soften and spinach wilts.

5.Stir in cooked orzo, cucumber, and 30g light cream cheese to lightly coat everything.

6.Split into 4 portions. Stores extremely well and reheats without drying out.



WEEKLY MEAL IDEAS

LENTIL & CHICKEN SOUP WITH WHOLEGRAIN BREAD

Servings: 1

Approx. per Serve:
Protein: 40g
Carbs: 66g
Fat: 8g
Calories: 500-550kcals

Total Ingredients: 1 servings
100g Chicken Breast (cooked)
150g Lentils (cooked)
200g Veg (carrot, celery, kale, onion)
400ml Chicken Broth
1 Slice Wholegrain Bread

Instructions:

1.In a large pot, sauté the onions, carrots, and celery with approx. ¼ of the chicken broth for approx. 3-4 mins.
2.Add the cooked lentils, shredded cooked chicken, and remaining broth, and bring to a simmer.
3.After around 5-10 mins, stir in the kale, and cook for a further 2-3 mins until the kale has wilted down.
4.When ready, serve hot into a bowl with a slice of wholegrain bread.



WEEKLY MEAL PREP IDEAS

CHICKEN BURRITO BOWL

Servings: 4

Approx. per Serve:
Protein: 35g
Carbs: 65g
Fat: 10g
Calories: 500-600kcals

Total Ingredients: 4 servings
400g Chicken Breast (cooked)
400g Brown Rice (cooked)
200g Black Beans (drained)
200g Sweetcorn (drained)
1 Red Bell Pepper
1 Red Onion
2 Avocados
4 tsp Salsa + Greek Yoghurt
Lime + Coriander (dressing)

Instructions:

1. Cook off chicken breasts & boil the brown rice.
2. Drain the sweetcorn and black beans and add evenly to 4 bowls.
3. Finely chop the red pepper, red onion, and cut the avocados into half and add evenly to 4 bowls.
4. Once cooked, divide the rice and chicken into 4 even portions and add to the bowls.
5. Dress each portion with a teaspoon of salsa and greek yoghurt, and then add a squeeze of lime and pinch of coriander to serve.
6. A base of cos or iceburg lettuce can be used as a base for each meal.



WEEKLY MEAL IDEAS

CHILLI CHEESE OPEN TOASTY

Servings: 1

Approx. per Serve:
Protein: 35g
Carbs: 55g
Fat: 15g
Calories: 450-500kcals

Total Ingredients: 1 servings
2 Slices Sourdough
4 tbsp Low-Fat Cottage Cheese
50g Mature Cheddar (grated)
½ Red Onion (diced)
½ Green Bell Pepper (diced)
1 tbsp Parsley (fresh, chopped)
½ tsp Green Chilli (fresh, chopped)
Seasonings - Salt & Pepper

Instructions:

1.Dice all fresh ingredients - red onion, green bell pepper, parsley, green chilli.
2.Grate cheddar, and add to a bowl with the cottage cheese, and mix.
3.Add in all fresh ingredients, with a pinch or salt and pepper, and again combine.
4.Add the chilli cheese mix onto 2 slices of sourdough bread.
5.Air-Fry at 200c for 8-10 mins, or bake in the oven on grill at 200c for 10-12 minutes.
6.Once slightly brown/golden on top, remove and enjoy as breakfast, lunch, dinner, or a high protein snack throughout the day.



WEEKLY MEAL PREP IDEAS

HONEY SOY TOFU BOWL

Servings: 1

Approx. per Serve:
Protein: 28g
Carbs: 35g
Fat: 16g
Calories: 420-440kcals

Total Ingredients: 1 servings
150g Tofu (firm + pressed)
15ml Soy Sauce
10g Honey
1tsp Sesame Oil
75g Edamame Beans (shelled)
75g Avocado (half medium)
150g Cucumber
1tsp Black Sesame Seeds

Instructions:

1.Press the tofu for 15 minutes to remove excess moisture.
2.Mix the soy sauce, honey, and sesame oil, and then marinate the tofu in this mixture for 10-15 minutes.
3.Bake the tofu at 200 degrees celcius for 20 minutes, flipping half way until golden.
4.Steam the edamame for 3 minutes and rinse under cold water.
5.Assemble the bowl with cucumber, edamame, and avocado.
6.Add the tofu and drizzle the remaining marinade over the top.
7.Sprinkle with sesame seeds, and serve.



WEEKLY MEAL PREP IDEAS

SIRLOIN STEAK SALAD

Servings: 1

Approx. per Serve:
Protein: 60g
Carbs: 35g
Fat: 10g
Calories: 500kcals

Total Ingredients: 1 servings
150g Sirloin Steak (grilled)
100g Iceberg Lettuce
30g Wild Rocket
100g Cherry Tomatoes
60g Cucumber
80g Red Onion
100g Beetroot
100g FF Cottage/Ricotta Cheese
30g Light Mayonnaise

Instructions:

1. Grill the sirloin steak for 10-15 mins until cooked through (or to your standard).
2. Whilst the steak is cooking, prepare the salad and add to a large bowl.
3. Once the salad is prepped, add in the fat-free cottage cheese/ricotta cheese, and the light mayo, and combine.
4. Once the steak is cooked, allow it to rest for 5 minutes, and then finely chop into strips and add to the salad.
5. This salad will work well with other sources of lean protein such as chicken breast, turkey breast, skinless chicken thighs, or tuna - achieving similar macronutrients.

If saving for later, it is recommended to prepare the salad, but add the mayonnaise and cheese when ready to consume as to prevent a soggy consistency



WEEKLY MEAL IDEAS

HIGH-PROTEIN CREAMY TUNA GNOCCHI

Servings: 4

Approx. per Serve:
Protein: 45g
Carbs: 70g
Fat: 8-10g
Calories: 520-580kcals

Total Ingredients: 4 servings

2 x 185g Tuna Tins (drained)
500g Shelf-Stable Potato Gnocchi
200g Frozen Peas
200g Fat-Free Greek Yoghurt
1 Lemon
2–3 tsp Light Cream Cheese
Garlic Granules, Black Pepper, Basil

Instructions:

1. Boil gnocchi for 2–3 mins until they float. Drain.
2. Add peas in the last minute of boiling.
3. In a large pan, add the drained tuna, yoghurt, lemon juice, garlic, and pepper.
4. Stir in gnocchi and peas, add the cheese for extra creaminess whilst limiting fat.
5. Garnish with basil to finish off.
6. Split into 4 portions. It reheats really well and is similar to tuna pasta or yoghurt-based sauces.



WEEKLY MEAL PREP IDEAS

GRILLED CHICKEN, QUINOA, & ROASTED VEG BOWL

Servings: 4

Approx. per Serve:
Protein: 40g
Carbs: 65g
Fat: 9g
Calories: 550-600kcals

Total Ingredients: 4 servings
600g Chicken Breast (cooked)
400g Quinoa (cooked) (150g dry) 150g
Veg (tomatoes, zucchini, broccoli) 3 tsp
Olive Oil
Seasonings - Herbs, Pepper, Lemon

Instructions:

1. Preheat the oven to 200 degrees Celcius - toss mixed veg (tomatoes, zucchini, broccoli) in olive oil, herbs, and pepper, and roast for 20-25 mins.
2. Weigh out the Quinoa (150g) into a pan, add double the water, bring to boil and simmer throughout (30 mins).
3. Grill the chicken breast on a medium heat for 5-6 minutes each side until fully cooked.
4. Once all constituents are cooked, assemble the quinoa into a bowl, top with the roasted veg and sliced chicken.
5. Divide into 4 equally sized servings, eat fresh, or store in the fridge for a later date.
6. When ready to eat, squeeze a slice of lemon over the top for extra zest.



WEEKLY MEAL PREP IDEAS

LEMON GARLIC SALMON, POTATOES, ASPARAGUS

Servings: 1

Approx. per Serve:
Protein: 48g
Carbs: 12g
Fat: 28g
Calories: 500-550kcals

Total Ingredients: 1 servings
140g Salmon Fillet
180g Baby Potatoes
90g Asparagus
Lemon (2 slices)
1 tbsp Fresh Parsley
10g Olive Oil
1 tsp Garlic Powder & Paprika
Salt/Pepper *to taste

Instructions:

1.Heat Oven to 200 degrees celcius
2.Toss the potatoes with 1 tsp olive oli, garlic powder, paprika, salt, and pepper.
3.Spread on a tray and roast for 25-30 minute, flipping halfway through until golden.
4.Season the salmon with salt, pepper, and a little extra paprika.
5.Add the asparagus to the tray for the last 10-20 minutes with ½ tsp olive oil and a pinch of salt.
6.Pan sear or bake the salmon until cooked through and lightly golden, about 4-5 minutes per side if pan searing.
7.Plate the potatoes, asparagus, and salmon together.
8.Finish with parsley and lemon right before serving.



WEEKLY MEAL PREP IDEAS

CHICKEN PASTA (PESTO + GREEK YOG)

Servings: 6

Approx. per Serve:
Protein: 40g
Carbs: 90g
Fat: 15g
Calories: 600-650kcals

Total Ingredients: 4 servings
400g Chicken Breast (cooked)
500g Pasta (cooked)
250g Chickpeas (drained)
250g Sweetcorn (drained)
250g Frozen Peas
1 Red Onion
100g Pesto
200g Greek Yoghurt

Instructions:

1.Boil together the pasta and peas, dice up the chicken breast and fry.
2.Drain the sweetcorn and chickpeas, and finely chop the red onion.
3.In a separate bowl, weigh out the pesto and greek yoghurt, and mix together well.
4.Once boiled, drain the pasta and peas and combine all ingredients (chicken, chickpeas, sweetcorn, and red onion).
5.Combine well and add in the pesto + greek yoghurt mixture, and again combine.
6.Divide equally into 6 servings - freeze for later or leave in the fridge ready to reheat.



WEEKLY MEAL IDEAS

TERIYAKI CHICKEN NOODLE BOWL

Servings: 4

Approx. per Serve:
Protein: 40g
Carbs: 60g
Fat: 10g
Calories: 520-560kcals

Total Ingredients: 4 servings
500g Chicken Breast (thinly sliced)
300g Fresh Stir-Fry Veg
1 Chilli
250g Wholegrain or Rice Noodles (dry)
60ml Light Teriyaki Sauce
5g Sesame Oil
Garlic & Ginger Powder

Instructions:

1.Cook noodles per packet (usually 3 mins in boiling water).

2.Heat sesame oil in a large pan, add chicken and cook fully.

3.Add veggies, chilli, and teriyaki sauce, stir-fry until veggies soften slightly.

4.Add noodles and combine.

5.Divide into 4 bowls.

6. Super-fast, reheats well, carbs are bang-on.



WEEKLY MEAL IDEAS

TUNA PASTA SALAD

Servings: 4
Approx. per Serve:
Protein: 45g
Carbs: 70g
Fat: 10g
Calories: 600kcals

Total Ingredients: 4 servings
480g tinned tuna (drained)
350g whole wheat pasta
200g cherry tomatoes
200g cucumber (diced)
250g sweetcorn
50g light mayo
150g fat free greek yoghurt
squeeze of lemon + black pepper

Instructions:

1. Bring pasta to boil on a medium heat for around 10-15 mins
2. Whilst past is cooking, open and drain the tuna into a bowl and mix well with the light mayo and greek yoghurt.
3. Chop the cucumber and cherry tomatoes, drain the sweetcorn, and combine well with the tuna.
4. Drain the pasta and add together with with tuna and veggies.
5. Divide the total into 4 serparate servings, and consume hot, or chilled at a later date.
6. Add a squeeze of lemon and a generous serving of black pepper to each meal.



WEEKLY MEAL PREP IDEAS

TOFU & BROWN RICE STIR-FRY

Servings: 4

Approx. per Serve:
Protein: 42g
Carbs: 66g
Fat: 10g
Calories: 550-570kcals

Total Ingredients: 4 servings
600g Firm Tofu (pressed, cubed)
480g Brown Rice (cooked)
600g Mixed Veg (broccoli, peas, carrot)
1 tsp Sesame Oil
25-30ml Soy Sauce
Seasonings - Garlic, Ginger
Garnish - Chives & Spring Onion

Instructions:

1. Remove tofu from packaging and press to remove excess water, then divide into equal sized cubes.
2. Add the brown rice to a pan (180-200g dry weight), double the amount of water, bring to boil, and simmer throughout for 30 mins until all water is absorbed.
3. Heat the sesame oil in a large frying pan, or wok, and add the garlic, ginger, and then tofu, and cook on a medium heat for 10 mins until golden.
4. Add the mixed vegetables (broccoli, peas, and carrots) and stir-fry for 5 mins.
5. Finally stir in the cooked brown rice and soy sauce, mix, and garnish with spring onions and chives.
6. Serve into 4 equal portions. Eat hot, and store the remaining portions in the fridge.



WEEKLY MEAL IDEAS

LEAN TURKEY BURGERS + SWEET POTATO

Servings: 4
Approx. per Serve:
Protein: 50g
Carbs: 65g
Fat: 15g
Calories: 600kcals

Total Ingredients: 4 servings
600g lean ground turkey (5% fat)
4 whole wheat burger buns
120g parmesan cheese
Lettuce, Tomato - (ad lib dressing)
4 tsp mustard/light mayo
400g sweet potato (diced & roasted)
4 tsp olive oil

Instructions:

1. Mix ground turkey with garlic powder, onion powder, pepper, and a pinch of salt.
2. Form into 4 equal sized patties and grill or pan-fry with olive oil until cooked through (5 mins each side).
3. Whilst the turkey is cooking, dice up the sweet potato into small even cubes, add to a baking tray, toss with olive oil and roast at 200 degrees celcius for 20 minutes (filling halfway through.
4. Toast the whole wheat burger buns, add 1 tsp of mustard or light mayo to each bun, and add a turkey patty to each, alongside some lettuce and tomato, and 30g parmesan cheese.
5. Take the sweet potatoes out of the oven and evenly divide into 4 portions.



WEEKLY MEAL PREP IDEAS

SATAY CHICKEN, QUINOA & BUTTERNUT SQUASH

Servings: 4

Approx. per Serve:
Protein: 40g
Carbs: 65g
Fat: 15g
Calories: 550-600kcals

Total Ingredients: 4 servings
450g Chicken Breast (cooked)
350g Quinoa (dry weight)
600g Broccoli (steamed)
1/2 medium Butternut Squash (roasted)
200g Satay Sauce (pre-made)

Instructions:

1. Weigh out the quinoa, and add to a pan with double the water (700ml), bring to boil and simmer throughout until all of the water has been absorbed and the quinoa is fluffy in texture.
2. Whilst the quinoa is cooking, dice the butternut squash (leave the skin on) and roast in the oven for 30 mins, turning half way through.
3. Once the quinoa is almost done, fry the chicken breast with additional spices of your choice, and steam/boil the broccoli.
4. Once all is ready, add the satay sauce to the quinoa, mix well, and add in the chicken and butternut squash.
5. Serve the chicken & quinoa mix and broccoli into 4 equal portions and store in the fridge/freezer for later.



WEEKLY MEAL IDEAS

PROTEIN TIRAMISU RICE CAKE STACK

Servings: 1

Approx. per Serve:
Protein: 30-35g
Carbs: 40-50g
Fat: 3-5g
Calories: 300-380kcals

Total Ingredients: 1 Serving
3–4 Plain Rice Cakes
100ml Espresso/Strong Coffee (cooled)
200g Fat-Free Greek Yoghurt
1 Scoop Vanilla/Banana Whey Protein
Cocoa Powder (for dusting top)

Instructions:

1. Brew espresso or strong coffee and allow it to cool fully.
2. Briefly dip each rice cake into the coffee - quick soak only, do not oversaturate or they'll collapse.
3. In a bowl, mix the Greek yoghurt and whey protein until smooth.
4. Stack the soaked rice cakes, spreading the yoghurt-protein mix between each layer.
5. Finish with a light dusting of cocoa powder on top.
6. Refrigerate for 10–20 minutes to allow layers to set slightly.



WEEKLY MEAL IDEAS

BANANA PROTEIN BREAD

Servings: 10 Slices

Approx. per Serve:
Protein: 12g
Carbs: 20g
Fat: 3g
Calories: 150-170kcals

Total Ingredients: 10 slices total
2 Large Ripe Bananas
2 Scoops Whey Protein
2 Eggs
120g Rolled Oats (blended)
100g Fat-Free Greek Yoghurt
1 tsp Baking Powder
Cinnamon

Instructions:

1.Preheat oven to 180°C.
2.Mash bananas, blend up oats into a fine consistency, then mix in all ingredients
3.Pour into lined loaf tin.
4.Bake 40–45 mins.
5.Slice and ready to eat - can freeze individually.



WEEKLY MEAL IDEAS

BAKED PROTEIN BROWNIE SQUARES

Servings: 8-10 Squares

Approx. per Serve:
Protein: 18g
Carbs: 22g
Fat: 5g
Calories: 200-250kcals

Total Ingredients: 8-10 Squares
60g Rolled Oats (blended)
2 Scoops Chocolate Whey Protein
2 Large Eggs
100g Fat-Free Greek Yoghurt
20g Cocoa Powder
60ml Almond or Skim Milk
Sweetener to taste (optional)
1 tsp Baking Powder

Instructions:

1. Preheat oven to 180°C.
2. Blend Oats into a fine consistency, then add and mix all ingredients into a thick batter.
3. Pour into lined baking tray.
4. Bake for 18–22 mins until just set - aim for a gooey consistency in the middle
5. Cool fully before slicing.
6. Stores well in fridge or freezer.



WEEKLY MEAL IDEAS

PROTEIN CHEESECAKE DESSERT POTS

Servings: 4

Approx. per Serve:
Protein: 30g
Carbs: 35g
Fat: 4g
Calories: 330-350kcals

Total Ingredients: 4 servings
400g Fat-Free Greek Yoghurt
100g Light Cream Cheese
2 Scoops Whey Protein
80g Wheat Bix Cereal (crushed, base)
200g Mixed Berries
Sweetener (optional)

Instructions:

1.Mix yoghurt, cream cheese, protein powder, and sweetener until smooth.
2.Add a splash of water to the Wheat Bix and crush.
3.Add crushed Wheat Bix evenly into the base of jars .
4.Top the bases with cheesecake mix and add berries on top.
5.Refrigerate for 2–3 hours before eating.
6. Keeps for 3–4 days in the fridge.

